

## **Take the Mayo Clinic HRA (April 2-May 11)**

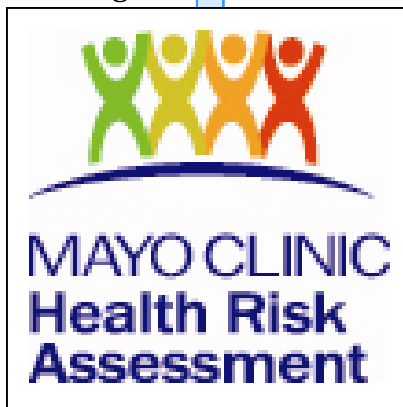
This year as part of the Mayo Clinic Health Risk Assessment (HRA), the Benefits Services Division and Benefit Options Wellness are pleased to bring

State employees Mayo Clinic Lifestyle Coaching program. After completing the Mayo Clinic HRA, you may be eligible for telephonic lifestyle coaching programs. The coaching programs offer one-on-one counseling based on your personal set of health risk factors.

The Mayo Clinic Lifestyle coaches will contact you and offer an initial assessment to identify your specific needs. Together you and your coach will create an individualized plan of action, and you will receive a workbook of educational materials to help you along the way. Lifestyle coaches will set up five dates and times to call participants for counseling. However, you can make unlimited inbound calls to your coach.

The program will help you understand the impact of choices that affect your health. You will work with your lifestyle coach to identify personal change barriers and develop strategies to overcome those barriers. The Mayo Clinic Lifestyle Coaching program is designed to build skills and provide you with tools to change unhealthy behaviors.

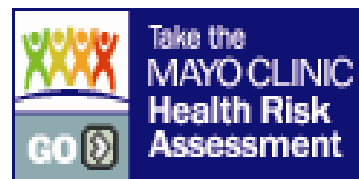
Your coach will motivate and encourage you, and the changes you make will improve your self confidence along with your health.



If you're eligible for Mayo Clinic Lifestyle Coaching and ready to make changes in your daily life to improve your health there are five modules available;

- Mayo Clinic Exercise Advisor
- Mayo Clinic Healthy Weight Advisor
- Mayo Clinic Nutrition Advisor
- Mayo Clinic Stress Advisor
- Mayo Clinic Tobacco Quitline

If you are interested in the Mayo Clinic Lifestyle Coaching, you must complete the Health Risk Assessment. A Mayo Clinic Lifestyle coach will contact you to begin your coaching process if you are eligible for coaching. If you are not at risk you will not be contacted.



# Upcoming Events



## National Women's Health Week

May 13-19, 2007

### It's Your Time!

Pamper Your Mind, Body, and Spirit.

Tuesday, May 15, 2007  
Arizona State Capitol  
Governor's Executive Tower

**10:00 a.m. - 3:00 p.m.** (1st and 2nd Floor Lobby)  
Free Health Screenings, blood pressure, one hour fasting glucose, depression screening, lung screening.

Mobile On-site Mammography - Call 480-967-3767 to schedule an appointment.

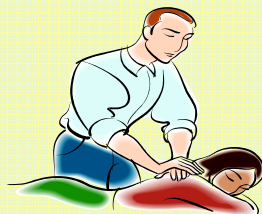
**12:00 p.m. - 1:00 p.m.** (2nd Floor Conference Room)  
Lunch and Learn  
"Surviving Stress with Self Massage", Anna Prassa, WellQuest  
SEATING LIMITED - Call Marilyn Gardner at (602) 542-2846 to reserve your seat.





### Massage Therapy At Work

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.



Check the Wellness website for events scheduled in your county.

National StresStation will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite.

### **What Services & Programs are Offered by Benefit Options Wellness?**

**The Wellness website has the complete list of screenings, classes and other programs available to be requested and scheduled at State worksites.**

Wellness events are requested and coordinated by State employees at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn

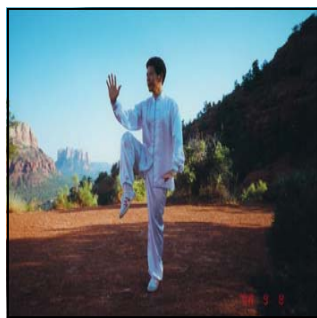
#### **"How To Request and Schedule Worksite Events."**

Event requests must be submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

**Online Event Request Form**



# TAI CHI CLASS



**Wednesdays, May 2 — June 27, 2007**

**Dept. of Health Services**

**1740 W Adams**

**Basement Activity Room**

Beginner Class: Noon—1pm

Beginner/Intermediate: 1pm—2pm

Advanced Class: 2pm—3pm

Tai Chi is a natural solution to reducing stress and increasing activity level. Taught in the traditional format by Master Jesse Tsao, these classes include discussion about the practice and benefits of tai chi and step by step instructions on postures. Class fee is \$40, payable to instructor at the first class meeting. Dress comfortably.

**REGISTRATION REQUIRED!**

Registration will be open from

**April 23rd to May 1st**

Contact Wellness at: 602-771-9355 or  
[wellness@azdoa.gov](mailto:wellness@azdoa.gov)

**Please include: Name, Agency, Work phone, and the class you are interested in.**

**Class size is limited to 15 participants and enrollment will be first come first serve!**

## Mini Health Screening at Work

**All State employees and Benefit Options members are eligible to participate in mini health screenings.**

Confidential results will be mailed to your home. The basic screenings are FREE and optional screenings are priced as indicated:



- Height & weight; blood pressure; and percent of body fat (body composition).
- Cholesterol (total lipid panel) and blood sugar (8-hour fasting is required for this blood draw.)
- Free osteoporosis screening for women 40 and older. \$35 for women under age 40.
- \$5 PSA screening (blood draw) for men 40 and older. \$40 for men under age 40.

*You will need your Employee Identification Number (EIN) and Insurance card for this event*

<b>May 8</b>	—	<b>Phoenix</b> 8:00am-10:00am 3550 N. Central
<b>May 9</b>	—	<b>Phoenix</b> 8:00am-10:00am 5636 E. McDowell Rd
<b>May 15</b>	—	<b>Phoenix</b> 10:00am-3:00pm 1700 W. Washington
<b>May 17</b>	—	<b>Tucson</b> 7:30am-10:30am 110 S. Church Ave
<b>May 23</b>	—	<b>Chandler</b> 7:30am-9:30am 50 S. Beck

**If you are interested in scheduling a mini-screening at your worksite you can submit a request at:** [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)



# MOM

Mobile On-site Mammography

Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screening at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member services department for more information.)

**Call MOM at 480-967-3767 to schedule your appointment.**

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The M.O.M. van will be parked outside the following locations:

**May 9** — Phoenix: 1275 W. Washington  
8:00am-4:00pm

**May 10** — Phoenix: 1275 W. Washington  
8:00am-1:00pm

— Tucson: 1200 W. Speedway  
8:00am-12:00pm

— Tucson: 400 W. Congress  
1:30pm-5:30pm

**May 15** — Phoenix: 1700 W. Washington  
8:00am-5:00pm

— Phoenix: 1305 E. Butte Ave  
8:00am-4:00pm

**May 16** — Buckeye: 26700 S. Hwy. 85  
7:00am-3:00pm

— Phoenix: 202 E. Earl  
8:00am-12:00pm

**May 18** — Prescott: 300 S McCormick St  
9:00am-5:00pm

**May 22** — Phoenix: 1935 W. Hayward Ave  
10:00am-2:00pm

## Weight Watchers® at Work

The At Work Program® is a series of motivational meetings at the worksite designed to encourage safe, sensible weight loss and weight control. Each series lasts for 10 weeks and includes weekly 45-minute meetings. Meetings are facilitated by trained Weight Watchers personnel who themselves have lost weight and kept it off with the Weight Watchers program. Each meeting includes a quarter hour, confidential weigh-in followed by a half-hour meeting. Cost includes weekly meetings and written program materials.

**Cost:** Participants pay \$59 (Benefit Options Wellness pays the remaining cost of the class).

**Length:** 45-minute classes held during a 10-week series

**Participation:** minimum of 18 participants required



**Availability:** Weight Watchers can bring a series of meetings to your worksite at a variety of times throughout the day. Because the lunch hour is the most popular requested time, the Wellness Program encourages considering "off" times during the day. This will increase the availability of Weight Watchers to fulfill the request (such as before work, 10:00, 1:30, etc.).

### Additional options:

- A current meeting series may be in session at an agency near you at any given time. Please call Weight Watchers for the schedule.
- For groups who cannot meet the minimum number of participants, Weight Watchers will start a group of employees who would attend regular meetings in their own neighborhoods.

**To schedule a series or find an existing series, write to [info@weightwatchersaz.com](mailto:info@weightwatchersaz.com) or call 1-800-651-6000, ext. 21. Please identify your agency when you call.**

Weight Watchers At Work Program series fees are non-refundable and non-transferable. Members becoming pregnant or relocating outside of Arizona during a series may be eligible for partial refunds.

Created and published by ADOA, Benefit Options Wellness Program

100 N 15th Ave, Suite 103 Phoenix, AZ 85007

[www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)

email: [wellness@azdoa.gov](mailto:wellness@azdoa.gov), phone 602-771-9355

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in alternative format, please call 602-771-9355

**benefit options**  
**wellness!**  
**Be Well Stay Well.**